



Bulletin #1

Canadian Rowing Beach Sprints

Saturday, August 17, 2019

Lakeside Park, St. Catharines, Ontario

8:00 am to 6:00 pm

Canadianbeachsprints.ca Twitter: @CrcCamps

Welcome to the first Canadian Rowing Beach Sprints! Our inaugural regatta will be held at Lakeside Park in Port Dalhousie. The following information will help make the day a great experience for you:

Events:

CM 1x (men's solo) - maximum number of entries: 12

CW 1x (women's solo) - maximum number of entries: 12

CMixed 2x (mixed doubles) - maximum number of entries: 16

CMixed 4x+ (mixed coastal quads with coxswain - 2 female and 2 male rowers; coxswain of any gender) - maximum number of entries: 8

Age & Weight Categories: All events are open – there are no age or weight categories for this event.

Entry Fees: CM 1X Solo - \$40*
CMixed 2x - \$80*
CMixed 4X+ - \$120*

*please note that equipment is included

Entries: All entries are to be made online at Regatta Central (regattacentral.com). Entries close on Wednesday, August 14 **at midnight.**

Equipment: All coastal boats required for this event will be provided at the event site.

Draw: The draw will be available on line at Regatta Central by Thursday, August 15.

Race Course: The race course is made up of two sections: a land section and a water section. The land section consists of an approximately 50m path on the beach to the waters' edge. The water section of the course will be laid out with two lanes, a red lane and a yellow lane. Each lane will be 250 meters long with three buoys (set at approximately 85m + 85m +80m). Crews will slalom out around the buoys and row straight back to the beach. The designated runner will then jump out of the boat and run up to 50m through the finish line and grab the flag in the sand to complete the race.

Progression System: Crews will row time trials to bring the number of crews remaining in the medal competition in each event to eight. Once the final eight crews are determined there will be a quarter final, semi-final and then a final race.

C1x (Solo) Progression: Time trial will be completed by random draw with the fastest 8 times progressing to the quarter-finals. (Ex. the loser of a match can still advance if their time is faster than one of the other match race winners). Please note: if less than 12 but more than 8 entries, the following progression system chart will still apply. If there are less than 8 entries, the time trials will be completed and the top 4 crews in the time trial will advance to semifinals. If there are less than 4 entries, the time trials will be completed and the top 2 crews will advance to the finals.

Round 1 Time Trial	Round 2 Quarter finals		Round 3 Semi Finals		Round 4 Finals	
	1	QF1	1TT	SF1	1QF1	FA
2	8TT		1QF4		1SF2	
3	QF2	2TT	SF2	1QF2	FB	2SF1
4		7TT		1QF3		2SF2
5	QF3	3TT				
6		6TT				
7	QF4	4TT				
8		5TT				
9						
10						
11						
12						

CMixed 2x Progression:

Round 1 Time Trial	Round 2 Quarter Finals		Round 3 Semi Finals		Round 4 Finals	
	1	QF1	1TT	SF1	1QF1	FA
2	8TT		1QF4		1SF2	
3	QF2	2TT	SF2	1QF2	FB	2SF1
4		7TT		1QF3		2SF2
5	QF3	3TT				
6		6TT				
7	QF4	4TT				
8		5TT				
9						
10						
11						
12						
13						
14						
15						

16			
----	--	--	--

CMixed 4x+ Progression:

Round 1 Time Trial	Round 2 Repechage		Round 3 Semi Finals		Round 4 Finals	
	1	R1	4TT	SF1	1TT	FA
2	5TT		1R1		1SF2	
3			SF2	2TT	FB	2SF1
4				3TT		2SF2
5						
6						
7						
8						

Order of events:

- CMixed 2x
- CM 1x
- CW 1x
- CMixed 4x+

Coaches Meeting: A preliminary coaches and participants meeting will be held on Friday, August 16 at 7:00 pm at Lakeside Park Beach at the Control Commission at the Beach. The mandatory coach/participant meeting will be held at 7:45 am on Saturday, August 17 at the Control Commission on the Beach.

Training Times: All equipment is supplied for this event, so training will be limited. There will be a training session on Friday, August 16, 2019 from 4:00 pm to 7:00 pm for competitors to come and try the boats.

There will also be a short training session on Saturday, August 17 from 8:00am to 9:20 am. Competitors must register by email to info@amprowing.com if they would like to train during this period. Indicate if you would like to use a C1x, C2x or C4x+. Since there are a limited number of boats, we will allocate short training periods to accommodate as many crews as possible.

Exceptions to the RCA Rules of Racing:

1. As this is a Beach Sprint event – The Canadian Rowing Beach Sprints – Rules of Racing, as attached, shall apply, in addition to the RCA Rules of Racing.
2. RCA Rule #2.5 Coxswain Weights
3. RCA Rule #2.6 Weighing of Coxswains

Important Information: Please note that parking is very limited at Lakeside Park due to construction on the pier. Participants are encouraged to ride share to the event and/or cycle or take public

transportation. Parking will be available at other nearby City parking lots and on-street metered spots within walking distance of Lakeside Park. Visitors can also park at Ontario Jaycee Gardens Park, 543 Ontario St., and access Rennie Park, the harbour and Lakeside Park via the pedestrian bridge or at the Port Dalhousie Pier Marina, 80 Lighthouse Road. Both spots are approximately 1.6 km from the Lakeside Park (about a 15 min. walk).

We look forward to seeing you on race day!

Peter Cookson,
Regatta Chair